



## Office of the Chief of Chaplains (OCCH)

This resource has been determined to be of value for Unit Ministry Teams and Chaplain Leaders to consider in their organization/Command.

This resource is posted and shared by the DACH- 3/5/7 to provide support to Chaplain Corps religious support professionals.

This resource does not represent the OCCH endorsement for Army-wide religious support policy or practice.

Questions may be addressed to the DACH-3/5/7 through the "contact us" link on [www.chapnet.army.mil](http://www.chapnet.army.mil)

# **Pastoral Care Protocol for Victims of Sexual Assault**

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# Introduction

- By following this simple protocol, you will be able to offer effective pastoral care and counseling to victims of sexual assault.
- The protocol forms the word “SPIRIT.”

See Notes below for references

# Army Policy

- Sexual Assault is a crime and has no place in the Army.
- Sexual Assault degrades readiness.
- Holds those who commit offenses accountable.
- Use training, education, and awareness to eliminate incidents.
- Applies 24/7
- Victim treated with dignity, fairness, and respect.
- Victim given appropriate medical care and counseling.

# Why This? Why Now? Why Us?

- **Increase in reported Incidents of Rape**
  - ✂ Media Attention
  - ✂ Reports from OIF
- ✂ **Military Leadership Concern**
  - ✂ Secretary of Defense
- ✂ **Leadership's Focus:**
  - ✂ Prevention
    - ✂ Chaplains are NOT Trainers
  - ✂ Respectful Care for Victims
    - ✂ Chaplains are Care Providers

# Why Chaplains?

## ■ ***Confidentiality***

- Victim Complaint: “Everybody who can help is a mandated reporter! I’m not going to talk if that means I lose control of the process. I’m not sure I want to end up becoming part of a court martial...”

# DoD Confidentiality Policy

- Protect victim and treat them with dignity, respect and provide appropriate support services (medical, advocacy, counseling).
- Prefers complete reporting and accountability of actions.
- Provides restricted and unrestricted reporting.
- Outlines exceptions to confidentiality

# UMTs and Confidentiality

- ✂ **Unit Ministry Teams will not report** unless the victim releases them to do so.
- ✂ **If Victim Decides NOT to report, UMTs:**
  - ✂ \* Encourage Medical Treatment
  - ✂ \* Inform why reporting is important
  - ✂ \* Describe Avenues for Confidential Reporting
- ✂ **Reporting Options:**
  - ✂ \* Open Reporting
  - ✂ \* Confidential/Restricted Reporting



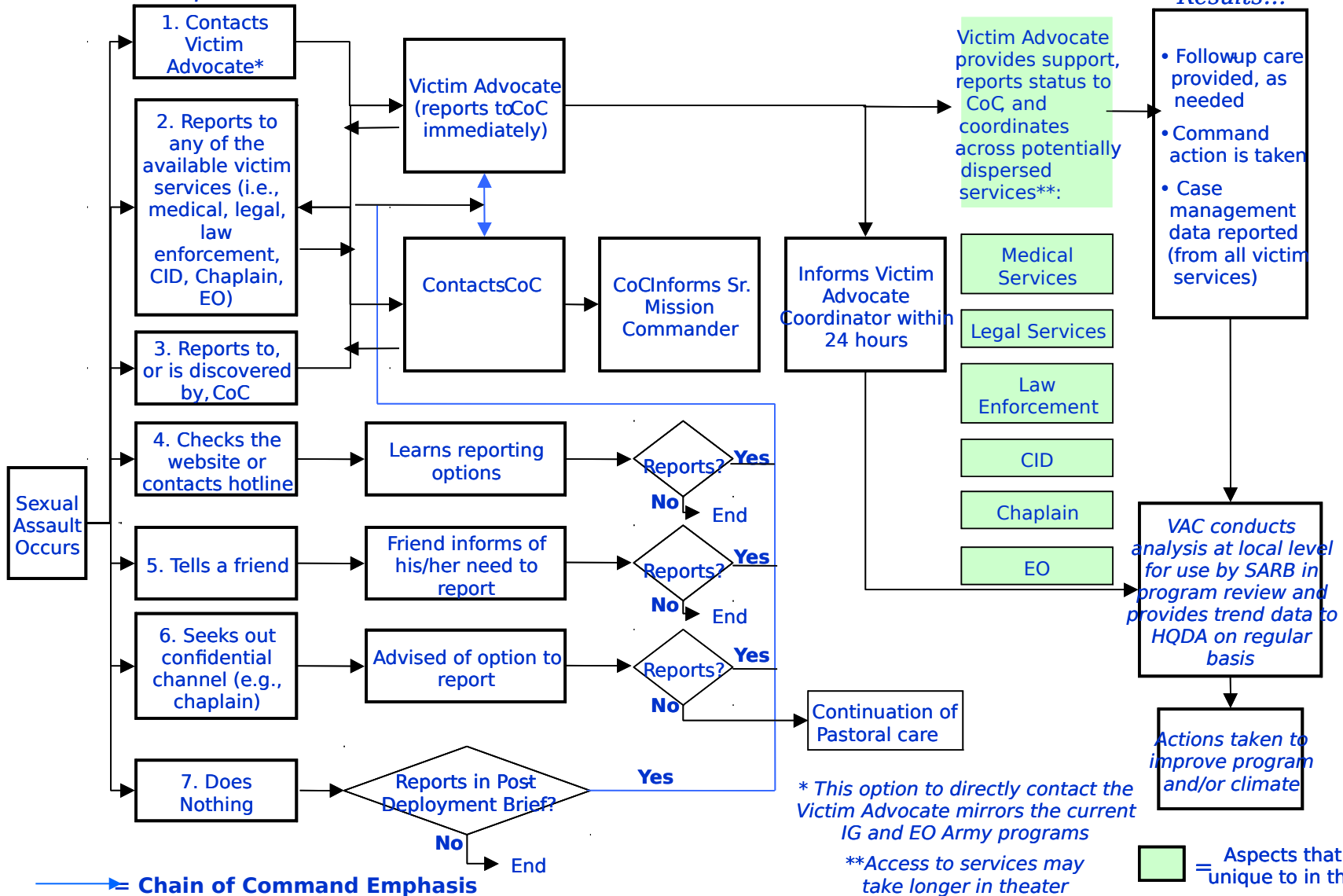
# Privileged & Confidential Avenues

- Unit chaplains
- Legal assistance attorneys
- Medical personnel
- Army One Source Program
  - ◆ CONUS: 1-800-464-8107
  - ◆ From the approved TSP for Initial Entry Training “**Army’s Sexual Assault Prevention and Response Training.**”

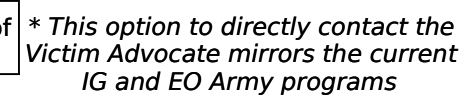
# Recommendation - Theater Process

## Seven Possible Victim Responses...

## Results...



## Results...



# Topics of Discussion

- **S**etting a supportive environment
- **P**acing for gathering details
- **I**nformation sharing
- **R**estoring the person to life
- **I**ntegrating the new experience into her/his identity
- **T**hinking theologically about sexual assault

# Setting a Supportive Environment

- Allow the survivor to control the setting.
- Do not touch her/him.
- Clean the office area. A messy space may feel chaotic to the person.
- Sit at least 3 feet away and ask if sitting close is threatening

# Pacing for Gathering Details

- Allow the person to reveal the information at her/his pace.
- Aggressive questions for details feel invasive to survivors of sexual assault.
- Forcing her/him to recall details may bring back feelings of despair resulting in isolation, or in some cases, self-medicating or suicide attempts after the discussion.
- Eventually, sharing the memories when he/she is ready, in a supportive atmosphere, can be healing.
- It is not essential that the victim share the sexual assault details with you.

# Information Sharing

- Discuss and give handouts for the following:
  - ◆ What is normal to feel when sexually assaulted?
  - ◆ Referral information. (Important to know the referral persons and what they do.)
  - ◆ Texas Association Against Sexual Assault ([www.taasa.org](http://www.taasa.org)) has download pamphlets.

# Information Sharing-Resources

- Chain of Command
- Medical facilities
- Legal (Staff Judge Advocate)
- Army Community Services
- Military Police
- Local police/medical/victim services
- Military Once Source hotline
- Restricted or Unrestricted reporting and why it is important to consider reporting



# Restoring the Person to Life

## Help the survivor restore his/her life:

- Rest –
  - ◆ victims often do not get sufficient sleep or escape from the traumatic stress. May need medical attention for sleep problems. Some victims of trauma find meditation and massage therapy helpful in restoring life.
- Re-attach to family and friends.
  - ◆ Very important to have enjoyable times with significant others to restore sense of normality.

# Restoring the Person to Life

Be aware of signs of the following:

- secondary victimization
- secondary traumatization
- PTSD
- Suicidal ideation
- Religious implications
- Cultural implications

# Restoring the Victim to Life (cont.)

- Routine
  - ◆ Important to feeling safe again.
- Safety is vital.
  - ◆ If the victim works with or lives near the offender, this needs to be addressed.
- Reduce the number of people who know about the sexual assault.
  - ◆ The victim needs to be free from people asking about the sexual assault while he/she is at work and pursuing life and routine.

# Integrating the Experience

## Help the Victim to:

- Accept the Reality of the Sexual Assault
  - ◆ Many victims blame themselves.
  - ◆ Many will not call it sexual assault if they know the offender.
  - ◆ Most believe the myths from our culture around sexual assault. Need to explore these myths with him/her.
  - ◆ Do not blame the victim or accuse them of sinning.
  - ◆ He/she is still a loved and valued member of the community and family.
- Identify how he/she is the **Same** and **Different** from before<sup>28</sup>
- Find Supportive Friends/Community

# Practical Exercise

- Myths and Facts about Rape:
  - ★ Categorize the following statements as “myth” or “fact”

Myths:                      Facts:

# Myth or Fact (1 of 4)

- Rape is perpetrated by people the victim knows and in places that are deemed safe.
- Almost 10% of men are rape victims in their lifetime.
- Sexual Assault is a crime of passion
- Rape is an impulsive act.

# Myth or Fact (2 of 4)

- Most rape accusations are falsely reported from women who try to cover infidelity or are angry at the man for other reasons.
- Clothing, alcohol, and companionship are signs that a woman consents to sex.
- If you don't fight, the rape is your fault.

# Myth or Fact (3 of 4)

- The victim must struggle. Lack of struggle implies consent.
- Nice, religious women rarely get raped because they keep company with people with higher morals and send fewer seductive signals.
- Alcohol consumption is often involved in rape so it is may be the cause of men raping women.
- Most women are raped by men of another race who would otherwise have no chance to have sex with them.



# Myth or Fact (4 of 4)

- Rape is always a crime, but not always prosecutable. For every 100 rapes:
  - ◆ 8 are arrested
  - ◆ 7 are charged
  - ◆ 3 are convicted
  - ◆ 2 receive prison terms

# Thinking Theologically about Rape

- Survivors may want to discuss their experience with a Chaplain. Some common questions:
  - ◆ Have I sinned because I put myself in a compromising position with the assailant? (Often alcohol and drugs are involved.)
  - ◆ Should I forgive the attacker?
  - ◆ I got an abortion because I was pregnant from the rape. Is that wrong?
  - ◆ Where was God when I got sexually assaulted?
  - ◆ Is it ok to be angry with God?
  - ◆ Chaplain, why did God let this happen to me?

# Summary

By following the **SPIRIT** protocol you will provide a supportive, caring environment in which a victim of sexual assault may find compassion, information, and guidance as she/he works to recover a sense of normalcy in life. You will act the part of a modern day Good Samaritan who did not pass by the victim, but met his/her needs of comfort, healing, and assistance.

# Practical Exercise

- Break into groups of three.
- Take turns being the observer, the pastoral care-giver (PC), and the survivor.
- Survivor – put yourself into the role of being sexually assaulted. Use the scenario on the next slide if you want.
- Observer – coach the PC in the protocol and give feedback. Ask yourself, “If he was caring for my loved one who had been sexually assaulted, what would I want him to do or say?”

# Scenario #1

- Stay in your own gender. I.e.. If you are male, act the part of a male survivor.
- You are deployed and have been shaken by a recent attack on your convoy. You have now returned to Base and you seek out a trusted soldier to talk.
- While you are emotionally vulnerable, he appears to comfort you. Eventually he crosses the boundaries and forces himself on you sexually.
- Afterwards he seems unaware that he has violated you sexually.
- What do you feel?
- You have heard Chaplains and assistants keep everything confidential and are trained in caring for victims of<sup>29</sup> sexual assault. You decide to talk with your unit

# Scenario #2

- You are new to a unit. Members of your platoon invite you to a party. You want to make friends and feel they are trustworthy.
- At the party you have several drinks. One man invites you to a private spot to talk.
- After kissing, he forces you to have sex.
- Afterwards you wonder how you let that happen and find yourself feeling increasingly depressed.
- You decide to discuss this situation with your chaplain or assistant.

# Scenario # 3

- A friend visits your room with several of his friends.
- One produces a bottle of alcohol and everyone has a drink.
- Your friend leaves and his friends stay behind.
- The soldiers force themselves on you sexually.
- Afterwards you seek medical attention and they notice bruises and tearing.
- CID investigates the incident and tells you that the other soldiers said it was consensual. The case is dropped.
- The commander punishes you for violating the no alcohol policy in a combat zone.
- How do you feel?
- A friend suggests you talk to the chaplain.

# BACK UP SLIDES



# BACK UP SLIDES

## DoD Policy Summary

- Restricted and unrestricted avenues of reporting available to victim.
- Essential training tasks for responders.
- Designates Sexual Assault Response Coordinators (SARC)
- Designates Victim Advocates (VA)

# BACK UP SLIDES

## DoD Policy Summary

- Defines covered communications and provides exceptions to confidentiality.

Covered Communication: oral, written, or electronic communications of personally identifiable information made by a victim to the SARC, VA, or healthcare provider related to their sexual assault.

# BACK UP SLIDES

## DoD Policy Summary

- Defines covered communications and provides exceptions to confidentiality.

See notes to slide 6 for exceptions.